

Are you an International worker needing support?

 **GOV.UK**

0300 790 6268

Home Office -UK Visa and Immigration Contact Centre



 **01245 291011**
Practical & Emotional Support



The Church of England in Essex and East London
Diocese of Chelmsford

 Scan QR code for further details
Spiritual & Community Support



 Scan QR code for further details
Advice & Support

citizens advice

 **0808 278 7877**
Advice & Support

DNA.

 Scan QR code for further details
Advice & Support (Advocacy)



 Scan QR code for further details
Community Hub / Advice



Modern Slavery Helpline

08000 121 700

Crimestoppers
0800 555 111

 Reporting Crime & Modern Slavery



Essex County Fire & Rescue Service

 Call **999** for Emergency
Fire & Rescue Emergency



 Call **101** for medical help
999 for Emergencies
Emergency Service


NHS

 Call **111** for medical help
999 for Emergencies
Medical Emergency



 **01206 638454**
Advice & Support



 Scan QR code for further details
Charity Migrant Forum



 Scan QR code for further details
Support for Nurses



 Scan QR code for further details
Practical & emotional support through NHS



 Call **116 123** for free if you need someone to talk to
Mental Health & Support



 **0808 800 4444**
Homelessness Support



 **01702 356 000**
Charity Advice & Support

olio

 Free food and household items through this community app
Community App

ASAP

ASYLUM SUPPORT APPEALS PROJECT

 Protecting asylum seekers' legal rights to food and shelter
Legal support



 Find a local food bank by scanning the QR code
Food Banks